

# Stewart/Hunter Lifestyle

## Dancing the night away ...

### My Soldier and Me Ball helps families create memories

**Pat Young**  
*Frontline Staff*

Memories were made at Club Stewart Saturday as parents and their children tripped the light fantastic at the second annual My Soldier and Me Ball held at Club Stewart.

The all-ranks formal dress occasion featured pictures, prizes, dinner and dancing.

"We held this event to provide an opportunity for parents to share quality time with their children and for everyone to a good time," said Christina Anthony, Officers' Spouses Club representative and Liberty County Armed Services YMCA family program director.

Arriving at the ball, guests were treated to a red-carpet welcome. Young ladies were given carnations and young men were given 3rd Infantry Division key chains. Entering the club, the red carpet brought them through a corridor of flowers and festive colored balloons.

The wall-to-wall decorations weren't the only entertainment. Each child who attended received a door prize and DJ Dean from Phatt Katz was on hand with a wide variety of popular music.

A father and daughter moved easily in the corner of the ballroom, swaying gently to the soothing music of Nat King and Natalie Cole singing "Unforgettable."

The daughter clung to his shoulders of her father, and rested her head against his solid shoulders in a magical moment of tenderness.

"I came (here) for her," said Sgt. Harry Lichtenberger, Headquarters and Headquarters Company, 2nd Battalion, 7th Infantry Regiment, as he danced with his three-year-old daughter Alyssa as they moved along the dance floor.

Participants were also treated to a child-friendly meal and had the opportunity to enter contest like the Mommy, Daddy and Child Dance-off contests. The contests were by age category and afforded prizes that included dinner at Applebee's, \$25 Wal-Mart gift certificates, or ESPN video football games.

Classic Photos of Hinesville provided military discounts to attendees to help remember their night. The event was sponsored by the Officers' Spouses Club, Liberty County YMCA with contributions from NeSmith Chevrolet of Hinesville.



Photos by Pat Young

**Above: Soldiers and family members dance to the music at the second annual My Soldier and Me Ball held Saturday at Club Stewart.**

**Right: Sgt. Harry Lichtenberger, HHC, 2/7 Inf., slow-dances with his three-year-old daughter Alyssa.**

## Spiritual luncheon provides food for Soldiers' bodies, souls

**Spc. Emily J. Wilsoncroft**  
*Frontline Staff*

"Spiritual fitness is more important than physical fitness ... it's critical," said Maj. Gen. Rick Lynch, 3rd Infantry Division commander, at the beginning of the Fort Stewart Spiritual Luncheon Friday at Club Stewart.

The luncheon, which was open to all for a suggested donation of \$5, featured Chap. (Col.) Sonny Moore, Forces Command chaplain, as the speaker.

Soldier Show veteran 1st Lt. Alisha Vaughn, 87th Corps Support Battalion, sang "His Eye Is On The Sparrow" to start the event off, and then Moore was introduced.

He first quoted ***Psalms 33:12***, which states, "Blessed is a nation whose God is the Lord and the people He has chosen for His inheritance."

Moore went on to explain that the U.S. founding fathers based their new nation's foundation on faith in God.

The former Southern Baptist

preacher urged Soldiers and family members in attendance to remember that they have a "debt to our forefathers, to our Soldiers of every generation, and to God."

Moore encouraged his listeners to think of the price paid by those who have gone before them, saying, "Without the American Soldiers, this would be a messed up world."

"In light of the upcoming deployment, this was very inspiring," said Staff Sgt. Timothy Charles Eye, Headquarters and Headquarters Company, 2nd Brigade Combat Team. "It was what I needed to get my mind right and ready."

Another attendee, 2nd Lt. Justin D. Roman of 549th Military Police Company, praised the event.

"The food was excellent," he said. And (Moore) was awesome ... he still has the fire of a Southern Baptist."

"I see a lot of leadership here," he continued. "I'd like to see more Soldiers come."

Eye added, "I definitely think this is a very key part of moving the division toward spiritual fitness."



**1st Lt. Alisha Vaughn, a former Soldier Show performer with 87th CSB, sang "His Eye Is On The Sparrow" to start off the Spiritual Luncheon Friday.**



Photos by Spc. Emily J. Wilsoncroft

**Chap. (Col.) Sonny Moore, FORSCOM chaplain, addresses attendees of the Spiritual Luncheon held Friday at Club Stewart.**



**Above: Soldiers listen intently to Chap. (Col.) Sonny Moore as he speaks at the Spiritual Luncheon Friday at Club Stewart.**

**Right: Moore holds up a plaque presented to him by Chap. Lt. Col. Harlon Triplett, 3rd Infantry Division chaplain, following the Spiritual Luncheon.**





## Pets of the Week



**T**hor, a dachshund, and Xena, a calico cat, are some of the many homeless pets at the Fort Stewart animal shelter. The shelter has pets of all kinds, sizes, and breeds in their care. If you are interested in adopting, call the Fort Stewart Veterinary Clinic at 767-2842.



## MWR Briefs

### Learn Ju-Jitsu

Learn a Japanese combat art used by police and military forces, each Tuesday and Thursday, 6-7:30 p.m., at Caro Physical Fitness Center.

The fee is \$45 a month. For more information, call 767-7090.

### Attend high-intensity aerobics

Basic Endurance Aerobic Training, a new, high-intensity aerobics class based on the Army physical fitness program, is being offered from 7:30 to 8:30 a.m. weekdays at Jordan Fitness Center.

### Come to matting, framing class

A monthly matting and framing class is

held 8:30 a.m. to 4 p.m. the first Saturday of every month.

The class is required to use the matting and frame shop at the Leisure Activities Center.

Call 767-8609 to register.

Shop hours are 10:30 a.m. to 6 p.m., Tuesday to Thursday.

### Open recreation at Youth Center

Saturdays are open recreation at the Stewart Youth Center.

First through fifth grades: noon to 2 p.m.; sixth to 12th grades: 2-8 p.m.

The Child and Youth Services membership fee of \$15 is required. Call 767-4491.



## AAFES PRESENTS

JAN. 25 TO 31



### Blood Diamond

**Jan. 25 — 7 p.m.**

(Leonardo DiCaprio, Djimon Hounsou)

Set against the backdrop of civil war and chaos in 1990s Sierra Leone, Danny Archer, a South African mercenary, and Solomon Vandy, a Mende fisherman are joined in a common quest to recover a rare pink diamond that can transform their lives. While in prison for smuggling, Archer learns that Solomon — who was taken from his family and forced to work in the diamond fields — has found and hidden the extraordinary rough stone.

*R (violence, language), 138 min.*

### Rocky Balboa

**Jan. 26-27 — 6 p.m.**

**Jan. 28 — 7 p.m.**

(Sylvester Stallone, Burt Young)

Former heavyweight champion Rocky Balboa steps out of retirement and back into the ring, pitting himself against a new rival decades after his initial glory. When his desire to fight in small, regional competitions is trumped by promoters calling for a rematch of the cyber-fight, Balboa must weigh the mental and physical risks of a high profile exhibition match against his need to be in the ring.

*PG (boxing violence/ language), 102 min.*

### Apocalypto

**Jan. 26-27 — 10:30 p.m.**

(Dalia Hernandez, Mayra Serbulo)

Set in the Mayan civilization, when a man's idyllic presence is brutally disrupted by a violent invading force. Through a twist of fate and spurred by the power of his love for his family he makes a desperate break to return home and to ultimately save his way of life.

*R (intense detailed graphic violence/ sexuality/ gore/ disturbing images), 138 min.*

### The Good Shepherd

**Jan. 31 — 7 p.m.**

(Matt Damon, Angelina Jolie)

Edward Wilson's acute mind, spotless reputation and sincere belief in American values render him a prime candidate for a career in intelligence, and he is soon recruited to work for the OSS during WWII. Wilson develops into one of the Agency's veteran operatives. However, his steely dedication to his country comes at an ever-increasing price.

*R (violence, sexuality, language), 168 min.*



Films are subject to availability. AAFES strives to show films according to the published schedule, but reserves the right to reschedule, cancel, or substitute showings as needed. For more information, call 767-3069.



# BIRTH ANNOUNCEMENTS

Provided by Winn Army Community Hospital

## Dec. 28

• **Emilio Felix Santana**, a boy, 7 pounds, 7 ounces, born to Spc. Fernando Santana Jr. and Karen Carter.

## Jan. 1

• **Jacinth Hangbok Ayala Jr.**, a boy, 6 pounds, 10 ounces, born to Sgt. Jacinth and Mi Kyoung Ayala.

• **Gaven Thomas Ball**, a boy, 8 pounds, born to Spc. Kyle Ball and Stefanie Ball-Schmidt.

• **Braeden Alan Gillespie**, a boy, 8 pounds, 4 ounces, born to Pfc. Brodie Gillespie and Spc. Kristin Gillespie.

## Jan. 2

• **Tarius Malikhi Walker Jr.**, a boy 5 pounds, 11 ounces, born to Spc. Tarius and Shantell Walker.

• **George Cameron Diehl**, a boy, 4 pounds, 9 ounces, born to Sgt. Gerald and Donna Diehl.

• **Leah Catherine Woods**, a girl, 7 pounds, 15 ounces, born to Capt. Corey and Shannon Woods.

## Jan. 4

• **Kaithlyn Eve O'Dowd**, a girl, 8 pounds, 10 ounces, born to Spc. Kyle and Jessica O'Dowd.

• **Nathan William Smith**, a boy, 7 pounds, 12 ounces, born to Spc. William and Leah Smith.

• **Luke Samuel Swilley**, a boy, 8 pounds, 10 ounces, born to Capt. Scott Swilley and Capt. Angela Swilley.

• **Mya Rose Williams**, a girl, 9 pounds, 3 ounces, born to Spc. Jermaine and Megan Williams.

## Jan. 5

• **Katelynn Rae Flete**, a girl, 6 pounds, 14 ounces, born to Staff Sgt. Rey and Kortney Flete.

## • Jamier Javier

**Simon**, a boy, 5 pounds, 12 ounces, born to Sgt. James and Paula Simon.

## • Madisyn

**Michelle**

**Weaver**, a girl, 9

pounds, 2

ounces, born to Spc.

Jon and Ashley Weaver.

## Jan. 6

• **Elijah Gabriel Gossard**,

a boy, 7 pounds, 13 ounces,

born to Spc. Courtney and

Emily Gossard.

• **Skyla Joy Martin**, a girl,

6 pounds, 12 ounces, born

to Wesley Martin and

Joanna Jorgensen.

• **Jack Anthony Reosti**, a

boy, 8 pounds, 8 ounces,

born to Sgt. Anthony and

Jennifer Reosti.

## Jan. 7

• **Karissa Marie Benedict**,

a girl, 9 pounds, 2 ounces,

born to Tiffani Benedict

(Dependent daughter of

Staff Sgt. Loren Benedict).

• **Bobby Lee Cornell**, a

boy, 8 pounds, 9 ounces,

born to Spc. James and

Naomi Cornell.

• **Jaslynn Janelle**

**Matthews**, a girl, 7 pounds,

6 ounces, born to Sgt.

Latrell Matthews.

## Jan. 8

• **Ayden Chase Foor**, a

boy, 7 pounds, 15 ounces,

born to Sgt. Robert and

Laura Foor.

## Jan. 9

• **Emma Leigh**

**Baumgardner**, a girl, 7

pounds, 5 ounces, born to

Melissa Baumgardner (Prior

service).

• **Reagan Ann**

**Stephenson**, a girl, 8

pounds, 13 ounces, born to

Capt. Joshua and Misty

Stephenson.

## Jan. 11

• **Sofia Guadalupe**

**Calderon**, a girl, 6 pounds, 7

ounces, Cpl. Juan Calderon

and Faviola Calderon

Juarez.

• **Jesenia**

**Calvillo**, a girl, 8

pounds, 9

ounces, born to

Staff Sgt. Juan and Penny

Calvillo.

• **Holden Elliott Kuntz**, a

boy, 7 pounds, 11 ounces,

born to Maj. Daniel and

Brenda Kuntz.

• **Sydney Elizabeth**

**Parker**, a girl, 8 pounds, 2

ounces, born to Cpl. Eric

and April Parker.

## Jan. 12

• **Nickiyah Bre Walker**, a

girl, 8 pounds, 14 ounces,

born to Sgt. Nicholas and

Crystal Walker.

## Jan. 13

• **Thomas Aaron Lee**

**Crooks**, a boy, 8 pounds,

born to Pvt. Matthew and

Elisa Crooks.

• **Jordan Lee McLemore**, a

boy, 6 pounds, 12 ounces,

born to Sgt. Jonathan and

Shanika McLemore.

• **Arianna Lynn**

**Patterson**, a girl, 7 pounds,

9 ounces, born to Sgt.

Anthony and Jessica

Patterson.

## Jan. 14

• **Kyston Stephen**

**Harleston**, a boy, 9 pounds,

11 ounces, born to Spc. Eric

and Kyla Harleston.

## Jan. 15

• **Dustin Blake Dunbar**, a

boy, 7 pounds, 12 ounces,

born to Sgt. Jeremy and

Heather Dunbar.

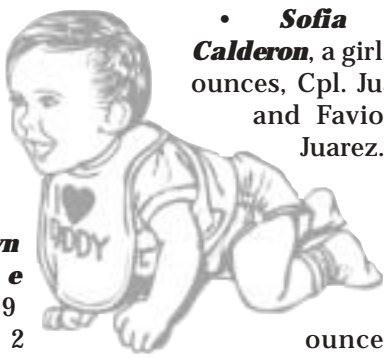
• **Ansleigh Elise Dupre**, a

girl, 7 pounds, 5 ounces,

born to Staff Sgt.

Kristopher and Cynde

Dupre.



## Winn Briefs

### Pharmacy renovations

The Winn Army Community Hospital Outpatient Pharmacy has been relocated for renovations and installation of new dispensing equipment.

During this time, new prescription requests will be processed at the old hospital refill pick-up location.

Please watch for the signs.

For more information, call 435-6745.

### President Day Schedule

Feb. 16 is a MEDDAC training holiday and Feb. 19 is President's Day, a federal holiday.

On Feb. 16 and 19, services at Winn Army Community Hospital will be limited to inpatient care and emergencies.

Full operations will resume Feb. 20.

All services at Tuttle Army Health Clinic and the Hawks Troop Medical Clinic will be closed Feb. 16 and 19.

Full operations will resume Feb. 20.

### Take the Winn Survey

We need you to take our Winn Survey.

Please stop by the Patient Representative's Office on the first floor of the hospital, suite CH32, to take our five-minute computer survey about your visit at Winn that day.

### Volunteers welcome

Winn Army Community Hospital is seeking adult volunteers who are interested in performing administrative, clerical or clinical duties throughout the hospital.

The next hospital volunteer orientation is scheduled for Feb. 1 at 9 a.m.

For more information, call Brigitte Roberts, 435-6903, or send an e-mail to [brigitte.roberts@se.amedd.army.mil](mailto:brigitte.roberts@se.amedd.army.mil).

### Update DEERS to receive benefits

Beneficiaries must keep their DEERS information up-to-date or they may not be able to receive referrals, schedule appointments or access TRICARE Online. Winn and Tuttle use DEERS information to contact you regarding referrals and appointments.

## VOLUNTEER SPOTLIGHT

### ANGELA MICHEL



Angela Michel of El Paso, Texas is a Red Cross volunteer working in the Patient Administration Division at Winn Army Community Hospital.

Michel volunteers to gain more experience in the coding and billing field, as well as meet new people. Her interests and hobbies include spending time with family and friends, volunteering and shopping.

If you'd like more information about becoming an American Red Cross volunteer at Winn, call Brigitte Roberts at 435-6903.

DEERS information can be updated by calling 1-800-538-9552, and also by visiting [www.tricare.osd.mil/deers/default.cfm](http://www.tricare.osd.mil/deers/default.cfm) or stopping by Building 253 on Fort Stewart.

### Obstetrics registration class

If you have had a positive pregnancy test, the obstetrics registration classes will give you the opportunity to ask questions, take initial lab tests, create your OB medical records and schedule your first appointment with your health care team.

The classes are held at Winn Tuesdays, Wednesdays and Thursdays at 9 a.m. and 1 p.m. At Tuttle, classes are held Tuesdays at 8 a.m.

For more information or to register, call 435-6633 or 1-800-652-9221.

# Do not fear, God is with you through all your battles

**Chap. (Capt.) Tom Allen**  
MEDDAC chaplain

**Joshua 1:9** – *Have I not commanded you? Be strong and courageous! Do not tremble or be dismayed, for the Lord your God is with you wherever you go.*

If there is one word that describes the life of an American Soldier, it's the word "hectic."

The only thing more hectic is the life of a deployed American Soldier.

You are on missions seven days a week, working in a climate that is often harsh, dealing with situations that are less than pleasant and trying to maintain this pace with very little sleep.

Nobody said it was easy, but

somebody has to do it.

Joshua could certainly identify with the challenges of being a Soldier.

After all, he was a Soldier, a mighty warrior. His mentor, Moses, had died. He was on the banks of a swollen river, waiting to cross into a land that was untamed and filled with well-trained enemy Soldiers and fortified cities. He was called to be the leader, and to lead this Army into battle.

Knowing how insecure and frightened Joshua was, God gave him several promises that he could count on when his worry and anxiety began to build.

These are promises not only for Joshua, but they are promises for the Soldier and his or her

family today.

They are promises that transcend time and space, culture and geography.

We find them all in Joshua chapter 1:

1. God always keeps His word. **(Joshua 1:3)**

2. You are never alone. **(Joshua 1:5** God said I will never leave you or forsake you.)

3. Obedience brings spiritual success. **(Joshua 1:8** God told Joshua if He would obey God that he would surely find success.)

4. In the midst of our fear, God is there. **(Joshua 1:9)**



## Chapel Schedule

### Fort Stewart

Catholic	Location	Time
Sunday Mass .....	Heritage	9 a.m.
Saturday Mass .....	Heritage	5 p.m.

Protestant		
Contemporary Worship .....	Marne	11 a.m.
Gospel Worship .....	Victory	11 a.m.
Traditional Worship .....	Marne	9 a.m.
American Samoan .....	Vale	11 a.m.
Liturgical Worship .....	Heritage	11 a.m.
Kids' Church(K to 6th grade) .....	Across from Dia. Elem.	11 a.m.
PWOC (Wednesday) .....	Vale	9:30 a.m.

Islamic		
Friday Jum'ah .....	Marne	1:30 p.m.
Contact Staff Sgt. Aiken at 877-4053.		

Jewish		
Contact Sgt. 1st Class Crowther at 332-2084.		

## Hunter Army Airfield

Catholic		
Sunday Mass .....	Chapel	11 a.m.

Protestant		
Sunday Service .....	Chapel	9 a.m.

### Religious Education Contacts

Stewart and Hunter, Director of RE, Mike Iliff, call 767-7028.  
Stewart Catholic RE coordinator, Eileen Robbins, call 767-6825.  
Hunter Catholic RE coordinator, Pamela Perez, call 315-5440.

## Fort Stewart Chapel Youth Ministry Junior and Senior High School Students!

Join us for free games and pizza  
6:30 - 8 p.m. Sunday,  
at Vale Chapel in Bryan Village.  
For more information,  
call 877-7207.



## Kids Church

## Exciting Bible Lessons

with music, puppets, videos, crafts, games

## 11 a.m. to Noon, Sunday

at School Age Services  
(across from Diamond Elementary)

## For all kids Grade K-6

## Scheduled Bus Pick-up

10:15 a.m. - Liberty and Hendrich, Liberty and Sicily, Liberty and Anzio, Liberty and Rome

10:20 a.m. - Jasmine and Skyland Spruce, Jasmine and Liberty Wood, Wild Fern and Golden Birch

10:30 a.m. - Schofield and Sansidro, Schofield and Hollandia, Rogers and Argyle

10:40 a.m. - Naktong and New Guinea, Ormoc and New Guinea

10:50 a.m. - Marne Chapel

10:55 a.m. - Victory Chapel

Questions?

Contact Chaplain Ric Thompson at 767-6831



# Clinic named for 3rd Inf Div MOH medic

Ann Erickson  
Winn Public Affairs

The newly dedicated Troop Medical Clinic now bears the name of Sgt. 1st Class Lloyd C. Hawks, 3rd Infantry Division combat medic as of Jan. 18.

Hawks was the first combat medic awarded the Medal of Honor in World War II for his actions near Carano, Italy on Jan. 30, 1944.

Hawks was assigned to the 30th Infantry Regiment, 3rd Infantry Division.

“His heroic act would make up one of many rich chapters detailing the Division’s history of sacrifice and valor in combat,” said Maj. Gen. Rick Lynch, 3rd Inf. Div. commander.

Hawks, who was a private first class at the time, earned the Medal of Honor for gallantry and intrepidity at risk of life above and beyond the call of duty according to the citation.

Hawks braved an enemy counter-attack in order to rescue two wounded men, who unable to move, were lying in an exposed position within 30 yards of the enemy.

An enemy machine gun bullet penetrated his helmet, knocking it from his head, momentarily stunning him.

As he raised himself to obtain bandages from his medical kit his right hip was shattered by a burst of machine gun fire and a second burst splintered his left forearm.

Despite the severe pain and his dangling left arm, Hawks completed bandaging the remaining Soldier and pulled him to safety.

Throughout his military career, Hawks was also the recipient of the Italian Military medal of Valor Gold Cross (comparable to Medal of Honor), the Silver Star with two oak leaf clusters, the Bronze Star with one oak leaf cluster, the Purple Heart with two oaks leaf clusters, the Meritorious Service Award Insignia, the World War II Victory Medal, the American Theater Ribbon, the American Defense Medal, the European African Middle Eastern Campaign Ribbon, the Distinguished Unit Medal, the Japanese Occupation Medal, and the Combat Medical Badge.

Even though Hawks died more



Ann Erickson

**Sgt. Jason Thompson, Company C, 26th Brigade Support Battalion combat medic and Charlotte Kearns, Hawks’ daughter, unveil a sign dedicating the Fort Stewart Troop Medical Clinic to Medal of Honor recipient Sgt. 1st Class Lloyd C. Hawks.**

than 50 years ago, his daughter and niece, who tied the Medal of Honor around his neck in 1945, were present at the dedication.

“This is such an honor,” said Charlotte Kearns, Hawks’ daughter.

“I’m sure if my dad was here, he’d be humbly proud.” Kearns was only 11 months old when her father died.

“We have made an enormous advancement in modern medicine since World War II, but one thing will never change — our medics and caregivers are committed to saving the lives of our Soldiers,” Lynch said.

This clinic will serve as a reminder to all who enter here of the selfless service of combat medics.



## Stewart hosts DENTAC competition

Ann Erickson

**Pfc. David Daniels, Fort Gordon DENTAC, demonstrates his first aid skills during the Southeast Regional Dental Command NCO and Soldier of the year competition that took place at Fort Stewart Jan. 8 -11. Participants from throughout the region competed in a written exam, land navigation, a 6-mile road march, oral board, hands-on warrior tasks, M16 range and an Army physical fitness test. The NCO of the year was Sgt. Paul Jones, Fort Gordon and the Soldier of the year was Spc. Shamai Vandergeeten, Fort Campbell, Ky.**

## HEALTH W•A•C•H

Winn Army Community Hospital

# Get health conscious during Healthy Weight Week

Norma Suarez  
Tripler Army Medical Center

Healthy Weight week is an annual, national observance that focuses on the importance of maintaining a healthy weight.

This year’s Healthy Weight week is the week of Jan. 21-27. This is especially important at a time when more Americans are overweight than ever before.

According to the U.S. Surgeon General’s Call to Action to Prevent and Decrease Overweight and Obesity, approximately 300,000 adult deaths in the United States each year are associated with overweight and obesity and are attributed to unhealthy dietary habits and physical inactivity or sedentary behavior.

A healthy weight is different for everyone and is based on factors such as genes, food intake, and level of physical activity. Therefore, having one ideal weight that is suitable for everyone is not possible.

Healthy weight is more than just weight loss. It includes a healthy lifestyle, such as

good eating habits, good nutrition, and daily physical activity.

Good eating habits and nutrition imply eating three meals and one or two snacks a day, at regular times and in moderation. It also means choosing a variety of foods.

The National Institutes of Health define obesity and overweight in adults using a Body Mass Index.

An overweight adult is defined as one with a BMI between 25 and 29.9, while an obese adult has a BMI of 30 or higher.

The risk of death, although modest until a BMI of 30 is reached, increases with an increasing BMI.

Obese adults have a 50 to 100 percent increased risk of premature death compared to adults with a BMI of 20 to 25.

But even weight in excess of 10 to 20 pounds for a person of average height increases the risk of death, particularly among adults aged 30 to 64 years.

Efforts to maintain a healthy weight begin with our children.

Parents have an important role to play, because they are usually the main source of information. More importantly, they are the key role models when it comes to shaping children’s eating habits.

Children learn from their parents what, when and how much to eat. For both children and adults, it is important to learn when your body tells you when you are hungry, full,

or have overeaten.

Being at a healthy weight and eating healthy can enhance feelings of well-being and provide the needed energy to lead a fulfilling life.

Maintaining a healthy weight is an important part of self-esteem, because your weight affects your body image, moods, emotions, and physical health.

A healthy weight can help to reduce your risk for physical and mental illnesses. Adults who wish to change their behaviors, attitudes, and lifestyle patterns in order to reach a healthy weight should begin by getting reliable information on nutrition and physical fitness.

A good place to start is where you receive your health care.

Military healthcare facilities offer a number of programs for maintaining a healthy weight or can make referrals to the appropriate source.

The Web site [www.HealthierUS.gov](http://www.HealthierUS.gov), can also provide reliable nutrition and physical fitness information.

## Regular Pap smears notify women of problems, reduce risk of cancer

Winn Public Affairs

Cancer of the cervix — the bottom of the uterus— kills at least 3,900 women nationally each year, according to the National Cervical Cancer Coalition.

Warning signs of this disease include “spotting” or irregular bleeding.

But these symptoms rarely occur early, when the cancer is still readily treatable. In the United States, about 14,000 women are diagnosed with cervical cancer disease each year.

January is cervical health awareness month and fortunately, a test called the Pap smear detects very early cell abnormalities that could progress to cervical cancer. Since the Pap smear was developed, deaths from cervical cancer have dropped by more than 70 percent.

**Who is at risk?**

Because the risk for cervical cancer increases with sexual activity and age, doctors typically recommend

yearly Pap smears for sexually active young women and for all women over age 18.

Women over age 65 who have never had a Pap smear or had them only rarely- should also be tested.

Women may need to be rescreened as often as every few months or as seldom as every 2 to 3 years, depending on their risk factors.

A woman’s risk rises if her last Pap smear was abnormal. It also rises if she began having sexual intercourse before age 17 or had several partners, if she or her partner have ever had genital warts, if she smokes, if her mother took the hormone DES during pregnancy, and if her immune system is compromised due to a transplant, steroid drug therapy.

The screening, which takes less than a minute, is part of a routine gynecologic examination.

Using a tiny brush or probe, the doctor gently scrapes some cells from the cervix to place on glass slides. A lab technician examines the slides and reports back to the

doctor.

In addition to detecting precancerous cervical cell changes, a Pap smear may reveal other related cancers. That’s why many doctors recommend examinations even after a hysterectomy- the removal of a woman’s uterus.

Most Pap smear tests yield normal results.

Even an abnormal test rarely indicates cancer; it may simply mean that you need to be treated for an infection, and retake the Pap smear in several months.

A woman who does not have cervical cancer screening on a regular basis significantly increases her chances of developing cervical cancer.

According to the National Cervical Cancer Coalition, 11 percent of United States women report that they do not have regular cervical cancer screenings.

Pap smears help detect a treatable disease before it turns deadly. For your good health and peace of mind, make your appointment today.